

Chili25

Number of Servings: 25 (268.42 g per serving)

Amount	Measure	Ingredient
2 1/2	lb	Beef, ground, hamburger, pan browned, 10% fat
2/3	cup	Onion, white, fresh, chpd
1/2	tsp	Spice, garlic Powder
3.00	qt	Tomatoes, red, cnd, whole, w/liquid
7.00	tsp	Spice, chili powder, Eagle
5.00	cup	Beans, chili style, mild, cnd
5.00	cup	Beans, kidney, red, mature, cnd

Nutrients per serving

Nutrition Facts			
Serving Size (268g)			
Servings Per Container			
Amount Per Serving			
Calories 220		Calories from Fat 60	
		% Daily Value*	
Total Fat 6g		9%	
Saturated Fat 2.5g		13%	
Trans Fat 0g			
Cholesterol 40mg		13%	
Sodium 570mg		24%	
Total Carbohydrate 21g		7%	
Dietary Fiber 7g		28%	
Sugars 3g			
Protein 19g			
Vitamin A 8%		Vitamin C 20%	
Calcium 6%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at and internal temperature above 140 degrees F.

Cook beef, onions and garlic until meat loses pink color

Mix tomato and seasonings. Add to beef. Stir and bring to a simmer.

Add beans to meat mixture. Cover and simmer 1 hour. Add water if chili becomes too thick.

Serve 1 c. with 8 oz spoodle or ladle.

1 c. = 1/2 serving vegetable + meat/meat substitute.

25 g CH0 = 1 1/2 Carb serving

IF SALT FREE BROTH IS ADDED TO INCREASE VOLUME AND MAKE CHILI THINNER, SERVING SIZE WILL NEED TO BE INCREASED ACCORDINGLY.

Notes

10# raw 90% lean ground beef, As Purchased (AP) = ~7# Edible Portion (EP)

1 gallon = 16 cups. A #10 can is approximately 12 1/2 cups.

Chili powder can be increased or decreased according to taste. Use chili POWDER rather than chili pepper, chili powder is a mixture of cumin, chili powder and paprika.

Canned tomatoes with no more than 150-160 mg sodium/1/2 cup serving need to be purchased or buy unsalted canned tomatoes.

Salt free broth can be added to increase volume and make chili thinner if desired.